



# APRIL 2019

**George H Waters Nutrition Center**  
**AT THE TOWERS**  
 1415 "D" Avenue- National City, CA 91950  
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) CLOSED CESAR CHAVEZ HOLIDAY</b> 	<b>2) SPAGHETTI W/ MEATSAUCE &amp; ITALIAN SAUSAGE</b>  ITALIAN GREEN BEANS CAESAR SALAD PEACHES MILK	<b>3) CHICKEN &amp; DUMPLINGS</b>  OVEN BROWNED POTATOES GREEN PEAS TOSSED SALAD APPLE CRISP MILK / JUICES MILK	<b>4) CHICKEN STRIPS</b>  BAKED FRIES GLAZED CARROTS AMBROSIA SALAD CHOCOLATE PUDDING MILK	<b>5) CATCH OF THE DAY</b>  ROASTED RED POTATOES MIXED VEGETABLES TROPICAL FRUIT SALAD BLONDIES MILK
<b>8) BRAISED BEEF W/ MUSHROOM SAUCE</b>  BAKED POTATO SCANDINAVIAN VEGGIES SPINACH SALAD FRESH APPLE MILK	<b>9) PORK CHOP W/ DEMI GLAZE</b>  AU-GRATIN POTATOES BRUSSELS SPROUTS WALDORF SALAD BROWNIE MILK	<b>10) OLD FASHIONED TURKEY</b>  CANDIED YAMS GREEN BEAN ALMONDINE CRANBERRY ORANGE NUT SALAD PUMPKIN SQUARES MILK	 <b>11) BAKED HAM W/ FRUIT SAUCE</b>  BARLEY PILAF PEAS & CARROTS PICKLED BEET SALAD ORANGE SMILES MILK	<b>12) CATCH OF THE DAY</b>  POTATO PATTIES STEAMED BROCCOLI CARROT SALAD BANANA MILK
<b>15) OVEN BAKED CHICKEN W/ HONEY MAPLE GLAZE</b>  SCALLOPED POTATOES DICED CARROTS KALE SALAD APRICOT PARFAIT MILK	<b>16) PORK CHOP PARMESAN</b>  WHOLE WHEAT NOODLES GRILLED VEGETABLES TWO APPLE SALAD TAPIOCA PUDDING MILK	<b>17) CHICKEN &amp; PORK RIBS</b>  BROWN RICE MIXED VEGGIES ROMAINE SALAD PINEAPPLE CHUNKS MILK	<b>18) SALISBURY STEAK W/ ONION GRAVY</b>  MASHED POTATOES BROCCOLI FLORETTES TOSSED GREEN SALAD CHERRY TART MILK	<b>19) CATCH OF THE DAY</b>  BROWN SPANISH RICE ZUCCHINI & CORN JICAMA SLAW MANGO MIXX MILK
<b>22) ROAST PORK W/ APRICOT SAUCE</b>  BAKED SWEET POTATOES CAULIFLOWER W/ CHEESE SAUCE PEA SALAD WATERMELON BALLS MILK	<b>23) BEEF FLYING SAUCER</b>  REFRIED BEANS CHUCK WAGON BLEND MARINATED VEGGIE SALAD GRAPES MILK 	<b>24) BEEF CHIMICHANGA</b>  BROWN SPANISH RICE BEANS MEXICALI BLEND CUCUMBER & JICAMA SLAW MANGO MIXX MILK	<b>25) BEEF BRISKET W/ TERIYAKI GLAZE</b>  ORIENTAL BROWN ALMOND RICE MIXED VEGGIES ORCHID SALAD MANDARIN CUP MILK	<b>26) CATCH OF THE DAY</b>  BARLEY PILAF ASIAN STYLE VEGETABLES PICO DE GALLO SALAD HONEYDEW MELON CUP MILK
<b>29) PORK CHOP W/ COUNTRY GRAVY</b>  AU-GRATIN POTATOES CALIFORNIA GOLD DUTCH COLESLAW APPLESauce W/ CINNAMON MILK	<b>30) ROAST TURKEY HUNTER STYLE</b>  GARLIC MASHED POTATOES PEAS & CARROTS CRANBERRY ORANGE NUT SALAD PUMPKIN PIE SQUARES MILK		<b>Suggested Contribution</b> \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M	<b>Menu Subject To Change</b> Without Notice Alternative Meal Option Available Daily Inquire at Front Desk 

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.